

Name:

Lisa Berg

Team:

Lakeville SC Coaching Clinic

Date:

3/11/17

Mesocycle:

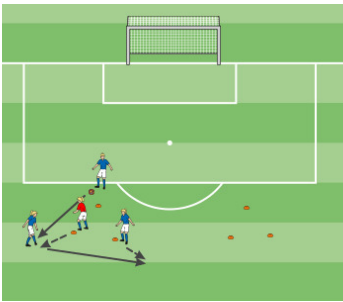
Microcycle/Day:

Tech/Tact



TRAINING OBJECTIVE(S):

To score more goals in the attacking 3rd centrally in behind opponent's back line by improving 6,8,10 and 9's application of the principles of attack and tactical application of skills. Increase ability to penetrate the attacking third by reading pressure from opponent and finding the player facing forward who has best chance of scoring goal. Improve 7,11, 2, and 3's angles of support and mobility to maintain possession and penetrate through lines of the opponent to improve chance of scoring when we cannot immediately play into space in behind the opponents backline to find an attacker who is central and facing goal.



I. WARM-UP

Intensity:

MED

Activity Time:

2

Duration:

10

Intervals:

2

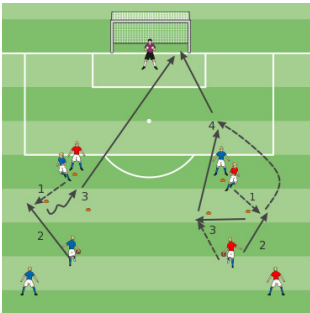
Recovery Time:

30

ORGANIZATION (Physical Environment / Equipment / Players)

4 person passing triangles into 3v1 possession 5X5X5 yard triangles.

COACHING POINTS / KEY CONCEPTS
Functional technique of 9, 10, 8, to pass to appropriate foot with strong pace that beats the opponent, receiving away from opponent, using body to protect ball, side-on receiving/checking shoulder in order to read pressure, communication of man on or turn, receiving to set up to shots



II. SMALL-SIDED ACTIVITY

Intensity:

MED

Activity Time:

45

Duration:

12

Intervals:

6

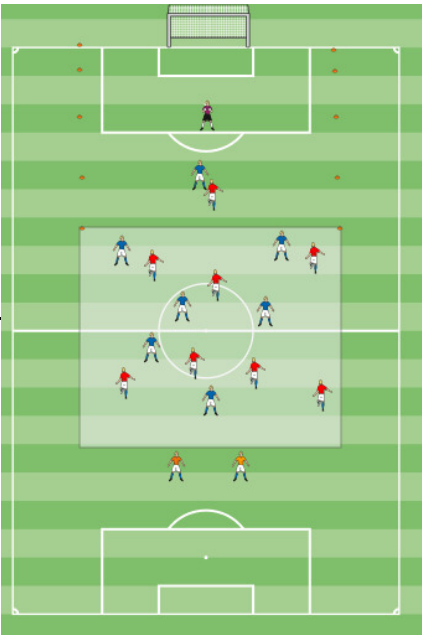
Recovery Time:

45

ORGANIZATION (Physical Environment / Equipment / Players)

2v1 +1 starting in 5X5X5 triangles attacking big goals that are 35 yards away. Balls played in from coach. Points scored by scoring and defenders can connect a pass to score.

COACHING POINTS / KEY CONCEPTS
Priority is to get our body facing goal with ball ASAP. When we check side on and offering our foot away from opponent pressure. Apply tech to score know that if they stay we can turn to goal/if they come can we cut/spin them or play support and then move to a new space to change angles



III. EXPANDED ACTIVITY

Intensity:

LOW

Activity Time:

8

Duration:

20

Intervals:

2

Recovery Time:

2

ORGANIZATION (Physical Environment / Equipment / Players)

50X70 yrd space, middle 3rd line is 40 yards from big goal. 6v7 to 2 counter targets and 1v1 to goal. Attacking team must find #9 then go to goal to score. Defending team connects 4 passes in middle

COACHING POINTS / KEY CONCEPTS
Find the best option who can be a magnet to goal. Best chance of scoring is attacker facing goal in the center of the field. How can we get into space in behind defense ASAP to connect with attacker facing goal with ball to shoot? Take more risks near goal and less risks away from goal.

IV. GAME

Intensity:

MED

Activity Time:

8

Duration:

20

Intervals:

2

Recovery Time:

2

ORGANIZATION (Physical Environment / Equipment / Players)

9v9 to big goal and 2 small counter goals. 50 X 70 yrd space. Balls in the goal and near counters. 1-3-1-3-1 vs. 1-4-1-2-1

COACHING POINTS / KEY CONCEPTS
Can our team stay in supporting angles but use depth and width to create gaps in opponent in the attcking 3rd in order to find the best option to score goals (central, facing goal, with ball at feet). Can the mobility of our 9 and 10 create opportunities to penetrate the opponent?